28 *to 32 Weeks of Pregnancy*
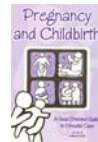
Your Baby
Interesting Facts: Your baby has definite sleep and active cycles. The baby can suck its thumb. Brain and nervous system are growing rapidly.

 Size: about 16 inches   *Weight*: 2 ½ to 3 pounds

Your Body
You may get tired quicker than you are used to. If you stand for long periods of time, you may notice swelling in your legs and feet. A rest period through out the day will prove to be beneficial. Your breasts may continue to leak to the point where you will need to wear breast pads.

Your Visit
During your appointment, your Healthcare Provider will listen to your baby's heart rate with a doppler, measure your pregnancy with a tape measure, and manually locate your baby's position.

Your Responsibility
Your responsibility is to keep your prenatal appointments. Make sure you baby has good movement; at least 10 movements in a 2 hour time frame once a day when your baby is awake. If you do not feel your baby move, then come to labor and delivery for further evaluation. Keep exercising and eating healthy. Attend childbirth classes for free at Winn Army Community Hospital. Encourage your partner or family member to come with you to your next appointment and to childbirth classes. If you are interested in breastfeeding, then it is a good time to go to the library and learn what you can about it. Breastfeeding classes are offered at Winn Army Community Hospital. Start planning about how life will be when the baby is home, and obtain those convenience items that can help you (i.e. cook meals and store them in the freezer, paper plates, disposable diapers).

4 Great Reasons to Breastfeed

1) Breastfeeding is free. You can save $500 or more just by not having to buy formula.

2) Breast milk is always ready to use; no preparation needed.

3) Breastfeeding promotes bonding between both mother and infant.

4) Breastfed infants tend to be healthier, requiring fewer trips to the doctor.